

Practicing Emotional Intelligence

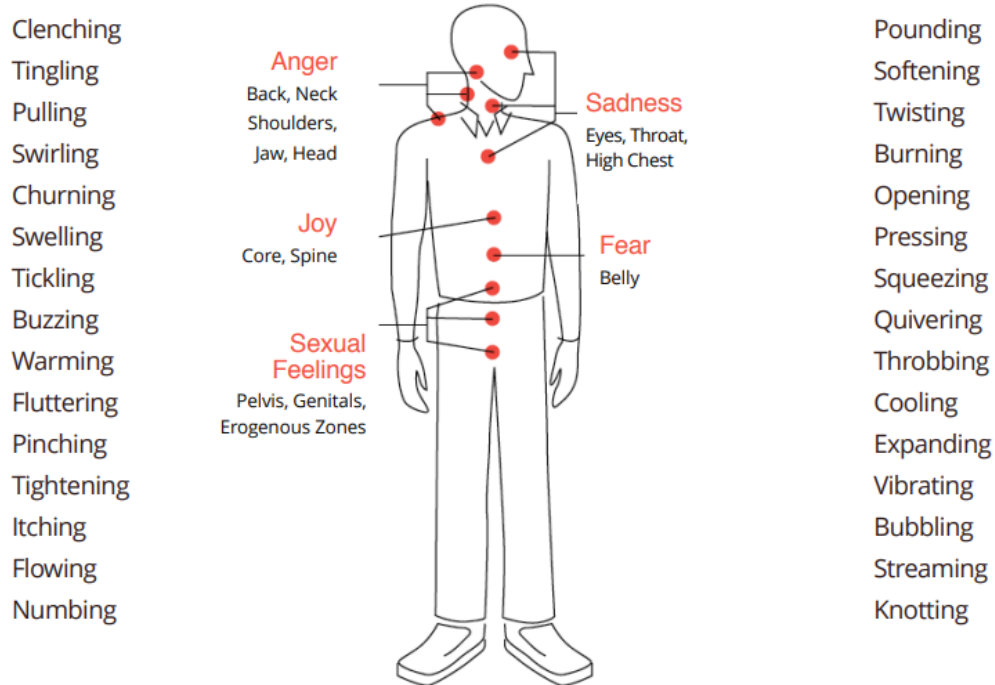
Note: This is adapted from the work of the Conscious Leadership Group.

Step 1: Define the core emotion you are feeling (sad, scared, angry, joyful, sexual/creative).

- Calm your body and mind. Take a few deep breaths and identify your core emotions in this moment.

Step 2: Locate and describe the sensation in your body.

- Bring your attention to the sensation in your body and describe its precise nature as accurately as possible. Describe the sensation like twisting, popping, or flowing (see image below).



Credit: Conscious Leadership Group

Step 3: Be present with your emotion.

- Take a few gentle full breaths, breathing as deeply into the belly as possible.

Step 4: Allow, Accept, or Appreciate the sensations.

- Ask yourself:
 - Can I allow these sensations to be here?
 - Can I accept these sensations as they are?
 - Can I appreciate these sensations just as they are?

Step 5: Match Your Experience with Your Expression:

- Use moving, breathing and vocalizing (no words) to match the sensation in and on your body.

Ask the questions:

- If the sensation could make a sound, what would it be?
- If the sensation could move, how would it do that?

Step 6: Listen for the Wisdom of the Emotion

Sometimes just experiencing and allowing the emotion is enough. Other times it can be helpful to listen for the potential learning available in the emotion.

Based on the example below, or from what comes to mind for you, what is the wisdom of the emotion you are exploring in this exercise?

Anger:

- What is not or no longer of service?
- What is not aligned?
- What needs to be changed or destroyed so something better can be put in place?

Sadness:

- What needs to be let go of, said goodbye to or moved on from?
- What person, dream, vision, belief or opportunity needs to be released?

Fear:

- What needs to become known?
- What needs to be faced?
- What do I need to wake up to?
- What needs wants to be learned?

Joy:

- What needs to be celebrated?
- What wants to be appreciated?
- What wants to be laughed at?

Sexual Feelings:

- What wants to be created?
- What attraction wants to be acknowledged?